

IRON AND VITAMIN C ADEQUACY AND INTAKE AMONG ADOLESCENT GIRLS IN JATIREJO VILLAGE

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ABSTRAK

Background: Adolescent girls are a group vulnerable to anemia caused by iron and vitamin C deficiencies. Iron plays a crucial role in hemoglobin formation, while vitamin C helps enhance iron absorption in the body. A deficiency in these two nutrients can increase the risk of anemia, thereby affecting the health, growth, and academic performance of adolescent girls..

Objective: To determine the levels of iron and vitamin C intake among adolescent girls in Jatirejo Village.

Method: This study is a quantitative descriptive study employing a cross-sectional approach. It was conducted in March–April 2026 in Jatirejo Village. The study sample consisted of 48 adolescent girls selected from PPG data. Data on iron and vitamin C intake were obtained using a 2×24-hour food recall form and subsequently compared against the 2019 Recommended Dietary Allowances (AKG). Data analysis involved univariate analysis using frequency distributions and percentages, as well as bivariate analysis using cross-tabulation..

Results: The study results indicate that the majority of adolescent girls fell into the "inadequate" category for iron intake (40 respondents; 83.3%), while 6 respondents (12.5%) were in the "adequate" category and 2 respondents (4.2%) were in the "excess" category. Similarly, the majority fell into the "inadequate" category for vitamin C intake (44 respondents; 91.7%), with 1 respondent (2.1%) in the "adequate" category and 3 respondents (6.2%) in the "excess" category. Cross-tabulation results show that the majority of respondents (38 respondents; 79.16%) had inadequate intake levels for both iron and vitamin C.

Conclusion: The majority of adolescent girls in Jatirejo Village have iron and vitamin C intake levels classified as inadequate; therefore, efforts to increase the consumption of foods rich in iron and vitamin C are necessary to meet nutritional needs and prevent the risk of anemia.

Keywords: adolescent girls, iron intake, vitamin C intake, RDA

KECUKUPAN DAN ASUPAN ZAT BESI DAN VITAMIN C PADA REMAJA PUTRI DI KALURAHAN JATIREJO

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ABSTRAK

Latar belakang: Remaja putri merupakan kelompok yang rentan mengalami anemia, yang disebabkan karena kekurangan zat besi dan vitamin C. Zat besi berperan penting dalam pembentukan hemoglobin, sedangkan vitamin C membantu meningkatkan penyerapan zat besi di dalam tubuh. Kekurangan kedua zat gizi tersebut dapat meningkatkan risiko anemia yang berdampak pada kesehatan, pertumbuhan, dan prestasi belajar remaja putri.

Tujuan: Mengetahui tingkat asupan zat besi dan vitamin C pada remaja putri di Kalurahan Jatirejo.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan *cross-sectional*. Penelitian dilaksanakan pada bulan Maret–April 2026 di Kalurahan Jatirejo. Sampel penelitian berjumlah 48 remaja putri yang diambil dari data PPG. Data asupan zat besi dan vitamin C diperoleh menggunakan formulir *food recall* 2×24 jam, kemudian dibandingkan dengan Angka Kecukupan Gizi (AKG) 2019. Analisis data dilakukan secara univariat menggunakan distribusi frekuensi dan persentase serta analisis bivariat menggunakan tabulasi silang (*cross tabulation*).

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar remaja putri memiliki tingkat asupan zat besi kategori kurang sebanyak 40 responden (83,3%), kategori cukup sebanyak 6 responden (12,5%), dan kategori lebih sebanyak 2 responden (4,2%). Tingkat asupan vitamin C sebagian besar juga termasuk kategori kurang sebanyak 44 responden (91,7%), kategori cukup sebanyak 1 responden (2,1%), dan kategori lebih sebanyak 3 responden (6,2%). Hasil tabulasi silang menunjukkan bahwa mayoritas responden memiliki tingkat asupan zat besi dan vitamin C yang sama-sama kurang, yaitu sebanyak 38 responden (79,16%).

Kesimpulan: Sebagian besar remaja putri di Kalurahan Jatirejo memiliki tingkat asupan zat besi dan vitamin C dalam kategori kurang, sehingga diperlukan upaya peningkatan konsumsi pangan sumber zat besi dan vitamin C untuk mendukung pemenuhan kebutuhan gizi dan mencegah risiko anemia.

Kata kunci: remaja putri, asupan zat besi, asupan vitamin C, AKG